

Whole Wheat Choc Chip Cookies

Makes: 48 servings

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Ingredients	Weight	Measure
Walnuts, English		1 1/2 cup, pieces
Candies, semisweet chocolate chips		1 1/2 cup, lrg chips
Butter, with salt		3/4 cup
Sugars, granulated		3/4 cup
Sugars, brown		1/2 cup, packed
Vanilla extract		1 tsp
Egg, whole, raw, fresh		2 large eggs
Leavening agents, baking soda		1 tsp
Wheat flour, whole-grain		1 1/2 cup
Wheat FLR, white, all-purpose, ENR, unbleached		1/4 cup
Wheat bran		1/4 cup
Flax		1/4 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	119	
Total Fat	7.67 g	
Protein	1.92 g	
Carbohydrates	12.47 g	
Dietary Fiber	1.47 g	
Saturated Fat	3.17 g	
Sodium	51 mg	

Directions

1. Preheat oven to 375 degrees F
2. In a mixer, cream together butter and sugars, then add vanilla and eggs.
3. In a separate bowl, combine soda, flours, bran, and flax meal. You can use 2 1/4 cups whole wheat flour in place of the mix of flours, bran, and flax meal.
4. Gradually add flour to mixing bowl; mix well. Add nuts and chocolate chips and mix well.
5. Drop by rounded spoonfuls on a cookie sheet and bake for 8-10 minutes at 375 degrees F.